

Description

Build Your Network – Build Your Resilience

Sophie Lee – Director and Designer of The Happy Planner Company Ltd

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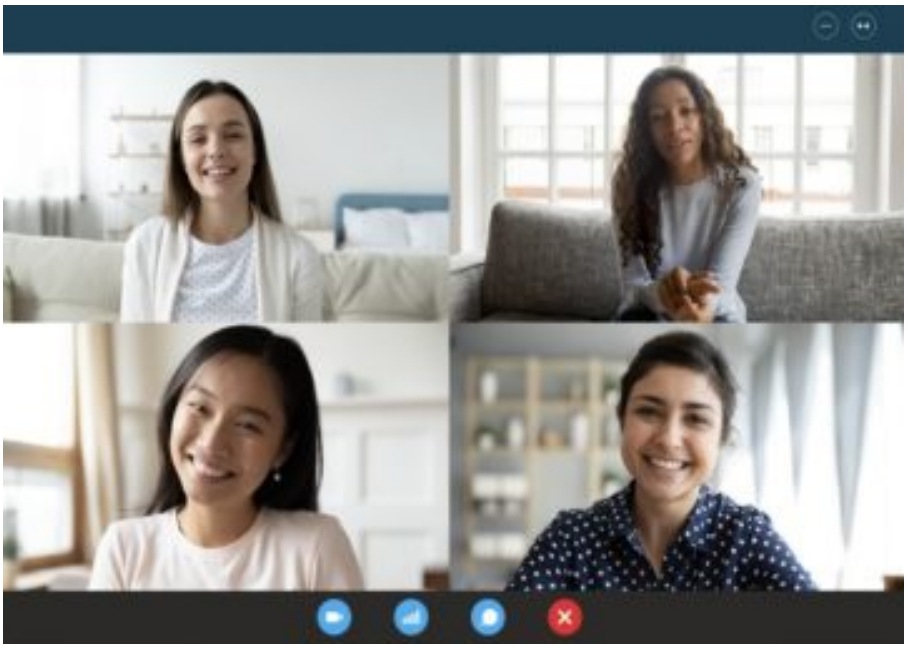
I believe that the UK is beginning the new year with much more in common with the rest of the world than it did at the start of 2020. Having spent much of last year in isolation of one form or another, students in the UK endured this new normal alongside so many other students across the globe, united in our desire to combat the spread of COVID-19.

Although we were isolated, we were not disconnected. One of the four key points of resilience that I outline in my 'Resilience Plan for Healthcare Students' is to ask for help from your support network. This network should include people who encourage and love you and are there to listen to you. Where we might find it difficult to meet in person, we live in a time where it is easier than ever to connect with your support network wherever they are in the world, and we aren't necessarily limited to those at closest proximity.

So, think carefully about who is in your support network, and write down their names. They should be people who want you to succeed and can also hold you accountable to your boundaries and limitations. Check in with these people often – maybe a text or a quick voice note is enough when you're busy – and keep the lines of communication open and the dialogue flowing, so that you can help each other when your confidence is dwindling.

Having people around who truly understand us, and the burdens that we carry while we are studying, whether in person, or on the other side of the world, will help towards keeping us personally resilient this year.
For more information on how to develop your personal resilience as a healthcare student, check out my book 'The Resilience Plan for Healthcare Students' or my online course 'The Resilience Course'. **TSM**



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